

Regular and Sustained Physical Activity*
Kentucky BRFSS 2000

Demographic Groups	Total Respond.#	Yes			No		
		N	%	C.I.(95%)	N	%	C.I.(95%)
TOTAL	6415	868	14.3	(13.1-15.6)	5547	85.7	(84.4-86.9)
GENDER							
Male	2553	367	15.4	(13.5-17.4)	2186	84.6	(82.6-86.5)
Female	3862	501	13.3	(11.9-14.9)	3361	86.7	(85.1-88.1)
RACE							
White/NH	6048	826	14.3	(13.1-15.6)	5222	85.7	(84.4-86.9)
African American/NH	268	26	13.7	(8.4-21.5)	242	86.3	(78.5-91.6)
AGE							
18-24	514	97	18.8	(14.6-23.8)	417	81.2	(76.2-85.4)
25-34	981	148	15.8	(13.0-19.0)	833	84.2	(81.0-87.0)
35-44	1277	161	13.8	(11.1-17.0)	1116	86.2	(83.0-88.9)
45-54	1235	157	12.0	(9.8-14.7)	1078	88.0	(85.3-90.2)
55-64	1009	120	12.3	(9.7-15.4)	889	87.7	(84.6-90.3)
65+	1386	183	13.6	(11.5-16.1)	1203	86.4	(83.9-88.5)
EDUCATION							
Less Than H.S.	1503	128	8.8	(7.1-11.0)	1375	91.2	(89.0-92.9)
H.S. or G.E.D.	2427	302	12.7	(11.0-14.7)	2125	87.3	(85.3-89.0)
Some Post-H.S.	1419	226	16.2	(13.6-19.2)	1193	83.8	(80.8-86.4)
College Graduate	1041	212	21.0	(17.8-24.6)	829	79.0	(75.4-82.2)
HOUSEHOLD INCOME							
Less than \$15,000	910	90	11.4	(8.4-15.3)	820	88.6	(84.7-91.6)

\$15,000- 24,999	1305	160 12.3 (10.0-15.0)	1145 87.7 (85.0-90.0)
\$25,000- 34,999	861	130 13.9 (11.2-17.1)	731 86.1 (82.9-88.8)
\$35,000- 49,999	873	114 12.1 (9.6-15.1)	759 87.9 (84.9-90.4)
\$50,000+	955	183 19.5 (16.3-23.2)	772 80.5 (76.8-83.7)

*Data in this table were derived from the exercise questions.

Yes = Did physical activity for 30 or more minutes, 5 or more times per week, regardless of intensity.

No = No physical activity or less than 30 minutes of activity, 5 or more times per week.

#Use caution in interpreting data for total respondents less than 50. N = Cell Size, NH = Non-Hispanic, % = Percentage, C.I.(95%) = Confidence Interval (at 95 percent probability level).

Percentages are weighted to population characteristics.

Unless stated differently above, Missing, 'Don't know', and Refused responses are excluded.